



OFF-ICE CONDITIONING CLASS FOR SKATERS

WEDNESDAYS: 5:30-6:00 PM

SATURDAYS: 10:30–11:00 AM

Spring 2 (8 weeks): April 22nd– June 23rd

No class the week of April 29th

FEE: \$118

Pre-requisite: Basic 3 & up

Supplement your skating with these valuable off-ice classes! Build endurance and improve flexibility with the Off-Ice Conditioning class designed specifically for skaters. This 30-minute class focuses on the needs of a skater to enhance their athletic ability.

Register online at www.leafsicecentre.com

